

Wii Bit of Physical Therapy

By: *Lori Heavener, Director, Rehabilitation*

Our Rehab team at Westland Convalescent & Rehab Center has been working with the hit video system Nintendo Wii. Our Center purchased the Wii and implemented

Wii™



WCRC Patient, Lillian Bailey, bowling for therapy.

the system into our daily Rehab groups as of January 1, 2008. The surprise hit? Bowling! Our patients can relate to bowling. Most everyone has bowled in their lifetime. The bowling game is very realistic. The game is 10 frames and up to four patients can play at once, Wii also announces strikes, spares and gives you words of encouragement as you play. It also has background noise similar to

what you would find in a bowling alley. The Wii brings back those old memories. Our therapists have seen improvement in the patients' Range of Motion, balance, coordination, and enjoyment. The great thing about the Wii is it can be used by a person with severe arthritis, CVA, knee replacements, hip replacements, and neurological disorders. Our patients have started daily competitions. They enjoy trying to break their record from the day before. Our Rehab room has drawn great attention with the Wii,



Lillian trying for a Strike!

and the enthusiasm is contagious. We have other staff members coming in and helping the patients, and cheering them on.

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With the emphasis in health care today on returning patients to their normal lives as quickly as possible, short-term care is being increasingly prescribed by physicians. Short-term care is often recommended following a hospital stay for an acute illness or injury, for post-surgical care, or during a transition period. The length of stay may range from a week to a month or more. Our goal is to promote a quick recovery by offering quality care in a congenial, supportive environment. On average, our rehab team discharges 17 patients per month back into the community.

"I love playing the Wii. It's one of my favorite things to do here."

— *Lillian Bailey, WCRC Patient*

New Specialized Long Term Care Information and Assistance Now Serves All Of Wayne County

*The Detroit Wayne County Long Term Care Connection partners with
The Senior Alliance to serve 34 additional communities*

New specialized Long Term Care information and assistance became available in the 34 communities of western and southern Wayne County beginning January 16, 2008. This long-term care service is sponsored by the Detroit Wayne County Long Term Care Connection (DWCLTCC) in partnership with The Senior Alliance (TSA). Through a centralized, regional call center, trained specialists will assist callers with questions and concerns about Long Term Care (LTC) options and services. The call center will serve older adults and individuals with disabilities, as well as caregivers looking for support services and those interested in planning for the future. The service is part of a demonstration project in four parts of Michigan to simplify access to long-term care options.



According to Earlene Traylor Neal, Executive Director of the Detroit Wayne County Long Term Care Connection, the expansion to Wayne County provides a much-needed service in Michigan's most populated region. "Since last January, we have served citizens in Detroit, Hamtramck, Highland Park, Harper Woods and the five Grosse Pointes," Neal explains. "The more communities we can reach, the greater the opportunity to prepare consumers for long term care planning."

Consumers living in western and southern Wayne County can dial 1-(866) 642-4582 or locally at (734) 727-2088 from 8:00 a.m. to 4:30 p.m. daily for this service. A LTC Information and Assistance Specialist will provide information specific to the needs of each caller.

Gardener's Corner

By: Jeff Watts, C.G.F.A., Adv. Master Gardener



The Serenity Garden at WCRC was re-dedicated four years ago this June. A new memorial paver patio and gazebo were designed and installed along with a water feature and plantings for the re-dedication ceremony.

After four years, the garden is now thriving, with a variety of spring flowering bulbs, perennials, flowering shrubs and flowering trees, ornamental grasses, evergreens and shade trees.

Please plan a visit to this beautiful courtyard garden with your loved one the next time you're here at WCRC. The Serenity Garden courtyard is located between nurses' stations three and four.

Entrance doors can be found in the Library, next to the

Celina Burton private dining room on station three or the alcove next to the Eden Lounge dining room on station four.

Memorial pavers can be purchased and ordered anytime through the business office. Order forms are available at the information bulletin boards at each nurses' station.

I am always available to answer any of your gardening questions and hope you'll enjoy another new season in our gardens here at WCRC.



What is Hospice Care. . .and How Does It Work?

*Hospice affirms life and regards dying as a normal process.
Hospice neither hastens nor postpones this natural phenomenon.*

Vicki L. Denkhau, Provider Relations Representative, Arbor Hospice

Since 1984, Arbor Hospice has been providing quality service and compassionate care to the terminally ill and their families/caregivers throughout the region. We are committed to enabling individuals to complete their lives with dignity, in



comfort, and in peace. At home, Assisted Living, Nursing Home or in the Arbor Hospice Residence,

patients and their families/caregivers are educated, prepared and supported every step of the way. Through our adult and children's bereavement programs, Arbor Hospice offers a comprehensive range of counseling and support services to anyone who has suffered a loss.

WHAT IS HOPICE CARE?

Hospice care is a continuation of your medical care, and hospice professionals devote their efforts toward creating the best quality of life for you and your family. The hospice care plan is not fixed or rigid. Instead, staff members work with you to design a personalized treatment plan that can be modified as your needs change.

Hospice Care:

- Is intermittent care rather than round-the-clock care available 24 hours a day, seven days a week.
- Places a priority on pain management and providing comfort care to patients.
- Instructs and supports the patient and family/caregivers on patient care, disease progression, and treatment.
- Manages distressful symptoms such as anxiety and restlessness, as well as the side effects of treatment including pain, nausea, and shortness of breath.
- Provides assistance with personal care needs for patients and respite care for caregivers.
- Provides grief support for the family through phone contacts, support groups, education and special events.

WHO CAN RECEIVE HOSPICE CARE?

Hospice care is available to people of all ages, from

infants to the elderly. It is covered by most health insurance plans including Medicare and Medicaid. In the U.S., patients must meet two criteria for admission to hospice:

1. The patient has a life expectancy of six months or less if the disease continues its normal course.

The six-month time period is simply a guideline for physicians. Hospices will certainly provide care after six months if the patient continues to meet the criteria.

2. The patient chooses to change the focus from treating the disease to receiving palliative care.

Palliative care focuses on symptom control and pain management. Once a patient is free of pain and distressing symptoms, he/she can experience a better quality of life. Patients have the energy to focus on what's important to them.

HOW DOES IT WORK?

You should consider Hospice Care if any of the following conditions describe your situation:

- Treatment will no longer cure the disease.
- Activities of daily living have become difficult.
- Symptoms are increasingly uncomfortable or difficult to manage.
- Pain is not well controlled.

Ideally, Hospice Care should begin as soon as the focus of treatment changes from curing the disease to alleviating the symptoms and providing palliative (comfort) care. The decision to request hospice Care is a personal one, but generally, the earlier patients and families begin to receive hospice services, the more they benefit.

At Arbor Hospice, we believe no person should face the end of life alone. Everyone has the right to spend his or her final months free of physical, emotional and spiritual pain. By providing top quality medical care with our trademark sense of compassion, we help families get back to what is important to them.



WCRC NEWS & NOTES



- The Events Planning Committee is proud to report that a total of \$100.00 was raised from the bake sale in February for “American Heart Month.” The money was donated to the American Heart Association on behalf of Westland Convalescent & Rehab Center.
- Congratulations and many thanks to all the staff who participated in the “Dress Down Days” to help raise money for the Martin Luther King School Band to go to the Olympics in China. A check in the amount of \$223.00 was donated to the MLK band members.
- A warm note of gratitude is extended to Total Vending of Livonia, who maintain our vending machines, for donating two Detroit Tiger tickets for the first Dress Down Day. Our lucky winner was Ruth Patke in the Nursing Office. Tonia Williams, Nursing Office Secretary, was winner of the second Dress Down day. She won a free Dress Down Day.
- Congratulations to WCRC patient, Irene Blaharski, for winning the Mexican gift baskets, for the third and final Dress Down Day. We would like to thank the officers and all the members of the United Health Care Alliance (UHCA) for their very generous donation. The gift baskets definitely enticed more participation.
- “Thank You” to Ace Home Care, Inc. (ACE) in Oak Park, for their donation of gifts for the Residents’ version of “Name that Love Tune” during National Nursing Home Week.

Just A Reminder...

- ... Need a cut, shampoo or a perm. Don’t forget to schedule your hair appointment with the Receptionist. Hours are by appointment only Monday through Friday.
- ... For all new admissions, it is essential to complete the Advance Directives form (lavender sheet) and return it to the nurses’ station as quickly as possible. If you have any questions regarding the contents of this form, please feel free to contact the Social Services Department at 734-728-6131 ext. 167.
- ... Did you catch a WCRC employee doing something extra special for a patient or another employee? Don’t forget to nominate them for a Shining Star. Nomination forms are available at the nurses’ stations. Awards are given out every month and presentations are held in the Aviary Lounge.
- ... Tune in to Channel 3 on your television sets for a list of daily activities, a menu for the day, a listing of all TV stations and all upcoming announcements.
- ... The Western Wayne County Senior Olympics will be hosted by the City of Westland from Monday, August 18 through Friday, August 22, 2008 in Hines Park.



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